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## How "Mother Goose" Makes Perfect Feet

"This little pig went to market  
This little pig stayed at home  
This little pig had fine roast beef  
This little pig had none  
And this little pig went wee-wee-wee!"

Mother Goose

MISS Clara Houston, whose feet the National Association of Chiropractors acclaimed a perfect pair, wears number fives. She could wear number threes if she pinched them, but that she declines to do. Freedom of foot is as necessary to beauty as freedom of body. She says New York women would be twice as pretty if they would wear shoes large enough for them. She comes from Chicago.

The perfect foot is of generous size. It is in correct proportion to the rest of her body. Miss Houston is five feet three inches tall and weighs 128 pounds. The foot should be one-seventh as long as the body. Miss Houston's foot is nine inches long. "Do your sum" in arithmetic.

Nine into sixty-three inches, seven times. Her foot conforms to the further classic measurements: The distance around the ball of the foot and over the instep is nine inches, the same as the length of the foot. The circumference of the lower part of the ankle is the same as the length of the foot and the distance around the instep and the sole is

nine inches. Not only are these measurements absolutely correct, but Miss Houston's foot is without flaws. Her instep is an inch high. Place a nickel edgewise under her foot, and it will move easily about. Miss Houston has told this newspaper how she came to have perfect feet and how every other woman may have them.



She Invented These Shoes to Keep Her Feet Perfect.

By CLARA HOUSTON.

My feet are perfect because I have always taken care of them. Yours will be perfect if you give them as much attention as I do. Twenty minutes a day will make your foot a model of pedal perfection.

Feet need exercise. Not merely walking. Two or three miles a day besides the ordinary moving about you do in an office or at home give your feet all of that exercise they need. Dancing may easily be overdone. A little tangoing or two evenings a week is harmless, but the hideous series of distortions that the human body, the turkey trot, hurts the feet as much as it does the morals. It is an over-emphatic dance, straining the feet as it does good taste. No. For valuable exercises for the feet, go back to your nursery habits. Go back to the Mother Goose melodies, and, saying to yourself—

"This little piggy goes to market,  
This little piggy stays at home"  
—pull and twist your toes as you did when you measured your age by months, not years.

Yes, the toes need pulling. Every night before retiring I pull each one vigorously three or four times, or, if the feet are very tired and burn and sting, I pull each toe eight or ten times. This makes the joints supple and causes the toes to lie as they should, flat on the floor, with spaces between, not curled under each other, weakening the ligaments by non-use and forming hard, bony-like corners on the toes.

Also, the "little piggies" need rolling. Every twenty-four hours I roll them round and round at the joint by which they are attached to the foot. Fancy yourself a baby again and this playing with the toes will not be tiresome. The few minutes of playing baby will give you the mental relaxation everyone needs at the end of the day after one is twenty. Roll each toe separately, beginning at the joint I have

described and rolling them round and round until you reach the end of the toe. Not only does this rest the toes, but it preserves their shape. A perfect toe is the shape of a perfect cylinder. Some men and most women have conic or pointed toes.

The greatest need of the feet is good circulation. Recall all the feet you have seen. They have been either yellow or red. If yellow, they were not sufficiently nourished by blood. Not enough blood reached them. If they were red, it was because they had been abused by bad shoes or by over-exercise, and too much blood had flowed to the extremities. The feet were congested. The healthy foot is pink. It should never be white. The alabaster foot poets rhyme about is a symptom of anemia. Everyone should study to get enough blood into the feet, but not too much. In other words, have before you the standard of pink feet.

To secure proper circulation it is not enough to pull and roll the toes. You must revert to more baby tricks and work them back and forth. Practice drawing them under and over the foot until they become easily manageable, and press them back with the hands, using much of your strength. Wriggle your toes up and down.

Five massage movements I invariably use every night to coax the blood into the feet. If it seems to you unnecessary work, remember that the feet are so far from the heart that it is hard for that organ to pump the blood that distance, and we must help it.

With the cushions of the fingers of one hand rub the region about the uniform bone. That is the bone that lies parallel with the floor along the outside of the foot. Stroke this toward the toes. Some mistaken persons stroke the foot away from the toes. They would not do this if they understood that

the object of manipulation is to persuade the blood to flow into the toes.

With the fingers spread apart stroke the foot firmly from the instep to the toes along the scapoid bones. Parallel with the floor, on the inside of the foot, lies the osculapius bone. The muscles about this must be rubbed round and round with the palm.

Rub the soles firmly, pressing them upward to strengthen a weak arch.

A last and important exercise is to stroke the ligaments from the heel upward toward the calf of the leg. This is to loosen and rest them.

For the nightly massage of the feet use a pure cold cream to your liking, or, if you are in great haste, use olive oil, for it is quickly absorbed by the skin.

My feet have two baths a day. Every pair of feet needs as many. In the morning at all seasons I thrust them into cold water, moving them briskly about for five minutes or longer, then withdraw them and wipe them thoroughly with a Turk-

Clara Houston's Left Foot, Which Approaches Closely the Classic Standard.

ish towel. I take five minutes more for this drying, because it is necessary to keep the skin between the toes free from moisture. If you do not, some day you will behold there a soft corn.

In the evening I give my feet a tepid bath, either in salt water or water containing Epsom salts. To a foot tub half full of tepid water I use one tablespoonful of Epsom salts or two tablespoonfuls of salt. The salt strengthens the feet. The Epsom salt opens the pores that are too weak to open without help. After the evening bath I exercise my feet as I have described, using cream or olive oil freely, then wipe the cream or olive oil off with a towel and rub the feet with alcohol. The alcohol is a tonic, also it pre-



The Massage for Perfect Feet and Toes.

The Old Nursery Rhyme Gave "The Woman with the Best Feet in America," the Hint That Made Them the Best—Here She Tells What to Do with YOUR Feet



Illustrating the Massage of the Instep.

The Greeks were right in wearing strong straps on their sandals. The straps were not only to keep the sandals on, but for support and to prevent that dangerous casting of the weight upon the weak toes.

A reason for my foot remaining so flawless as when I was a babe is that I have the habit of going bare-foot about the house. While it is true that the soles are sensitive to change of temperature, and that the pores of the soles are the largest in the body, and so absorb much and quickly whether of air or moisture, yet if you begin as a child to go barefoot there is no danger of catching colds, and your feet will have the chance they need to spread.

Change your shoes several times a day. You say you haven't a chance to do this. Oh, yes, you have—every chance you need, if you are at home. If you are in an office or store or factory, keep an extra pair of shoes there, and if your feet feel tired, change to those shoes. When you get home be sure to put on another pair. Actresses nearly all have good feet. It is because they change their shoes often.

Watch the imprint of your foot after bathing to see whether you are becoming flatfooted. You can tell by setting your foot on a piece of paper. If there is a dry space where the middle of the foot would rest, your feet have an arch. If the entire print of the foot is distinguishable, you can be sure you have a fallen arch.

### His Ordeal.

Judkins paced the floor. His brow was wrinkled and pale. There was an anxious look in his eyes.

Evidently there was something on Judkins's mind.

Presently he spoke. "Yes, it must be done! It is a dreadful alternative, but I can see no other course to pursue."

Ever and anon he rolled his eyes upward and raised his clenched hands toward the ceiling in an attitude of supreme and utter despair.

The struggle was a long and bitter one.

Bravely he strove for the mastery over the black demons of despondency that surrounded him, but in vain were his efforts.

Inn by inch, foot by foot, they pressed upon him, and, in spite of his indomitable spirit was slowly but surely crowded to the wall and finally forced to surrender.

"Yes," he repeated, despairingly, "it must be done! There is no other way."

And then, grabbing his hat, he rushed frantically from the room.

Has Judkins gone to jump off the bridge, blow himself up with half a ton of dynamite, or commit suicide in some other unique and spectacular manner?

No. Not at all.

He has merely started for the dentist's to have an aching tooth extracted.

### Driven from Home.

Words were of no avail. He knew it. His wife, Muriel, had arranged everything with cold-blooded care.

He crossed the room with elaborate unconcern, and at the door turned for the last time.

"It will seem like the good old bachelor days," he remarked, trying to speak lightly, but his voice trembling. "I shall dine at the club. G-g-good-by, dear!"



The "This Little Pig Went to Market" Beginning of the Foot Massage.

was not pinched. Their tight shoes gave them a gait like an imitation Japanese shuffle. It was most awkward and ludicrous. Their tight shoes and pinched feet reacted in their faces, which looked worn and peevish and old. One can wear snug shoes for three or four hours a day without harm, but you cannot wear them all day without harm. New York women and frivolous women of other cities wear pumps, dancing slippers, all day.

High shoes, it is very well known, should be worn by persons with weak ankles. But if your ankles are strong, low shoes are cool and comfortable, and may be worn many months a year with safety to the health. But the shoe should have straps across the instep to support the foot and keep it from slipping into the toe of the shoe and so crowding all the weight upon the toes. I would never wear a shoe without straps, if only ribbon ones.

## Flower Shows, Festivals and Seasonable Amusements

By MRS. FRANK LEARNED, Author of "The Etiquette of New York To-day."

THE making of beautiful gardens, the culture of flowers, plants, fruit and vegetables is a present-day interest. Garden clubs and horticultural associations are serious matters of the moment, and flower and fruit shows are becoming more and more the fashion. In all regions where there are wonderful gardens there is great competition among the residents in raising fine fruit and flowers and in making the best arrangement, or grouping, of them at exhibitions.

Annuals, perennials, garden flowers and hot-house productions, wild flowers showing the flora of the fields and woods of the region are displayed at these exhibitions. At some flower shows there are Japanese gardens, rock and water gardens. Exhibitions are held at a clubhouse, casino or other convenient place, or open-air flower shows are on the lawn of a private residence. Awards are made to successful competitors. Guests are invited from far and near, and the afternoon closes with the serving of tea and refreshments, either on the lawn or in the house.

If the exhibition is to be of a public nature there may be a charge for admission and the proceeds may be devoted to some charity.

Provided there are spacious grounds on some private place nothing is more effective than an outdoor bazaar or festival. Booths or tables are in charge of married women and young girls. They wear fancy costumes of flowered organdy, white fichus and dainty aprons and straw hats garlanded with flowers.

At one booth flowers, fruit and vegetables are sold. At another, baskets and garden tools; at another hats and parasols; at another household articles—towels, dusters, mops, brushes and kitchen utensils. A rustic dairy offers for sale milk, cheese and butter and eggs in fancy baskets. At another booth ice cream, cake, lemonade and iced tea are served. At a table on this sort, given on the grounds of a well-known hostess, a special feature was a large booth representing an inn, with an old-fashioned sign-board, "The Lark," in token of the jollity of the occasion.

Flower dances, for instance, in which children take part, are exceedingly pretty and graceful. Each child represents a flower. Dressed in white, with garlands or wreaths of a chosen flower, the children dance in charming groups. A screen or large curtain of greenery forms a background. This may be arranged or hung between trees. Pergolas may be easily constructed with poles. If these poles cannot be put in the ground they may be sunk in tubs of earth, placed at intervals. The pergolas are garlanded with greens. In this way, with pergolas and screens, a background is made for little pastoral plays or for pantomimes.

A Venetian fête may be a delightful evening entertainment, if there is the necessary environment of a harbor, lake or river, with boat-houses. Lanterns and garlands of flowers may be draped from trees or from poles forming pergolas. The day has gone by when a floral parade was a feature in the September amusements of the Summer residents of Lenox, when smart traps of every description and the horses were decked with hydrangeas or golden-rod and asters, and when the afternoon finished with a tea at a private residence. Now, the automobile exhibition is in favor and a pageant of flowers may be devised, when cars of every sort, decked in fanciful designs, with wreathed wheels and arches of flowers, may compete for prizes.